



**“It’s like you’re falling down
this big sinkhole and
you can’t pull yourself out.”**

—Patrick McCathern, 1st Sergeant,
U.S. Air Force, Retired

Real Men. Real Depression.

"It starts slowly and the only person you're talking to is yourself. You're lost. It's dark, the pain is twenty-four/seven. I tried to numb my head. I mean, we're talking many, many beers to get to that state where you could shut your head off. But you have to deal with it. It doesn't just go away." Depression is a real disease that can be successfully treated. For information, call 1-866-227-6464, visit www.nimh.nih.gov, or contact your health care provider.

**It takes courage to ask
for help. Pat did.**



NIMH
National Institute
of Mental Health

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